

This summer, youth can join the fun of "Dragons, Dreams and Daring Deeds" to discover and explore medieval life in Europe. Page 3.

First Look

Congratulations!

Captains Michael Mayo, Christopher Carter, Kevin Parker and Ed Liberman were all selected for promotion to major. All four recently made permanent change of station moves from Lajes.

Pack meets

The first pack meeting of Lajes Cub Scout Pack 1605 is at 6:30 p.m. Monday in the elementary school multi-purpose room. All interested boys grades kindergarten-5 should attend with a parent. For more information, call Kimberly Henne at 2-6722.

Adventure trips

Youth have a chance to win an Extreme Summer 4-H trip. Ages 10-15 can win a trip to Belgium or Turkey July 10-17; ages 13-18 can win a trip to Garmisch, Ge. Aug. 11-15. Entry boxes are located at the Lajes Youth Center. Sign up by June 15. For more information, call Thomas Lamont at 2-3273.

Art exposition

The African American Heritage Committee will be having an "Art Expo" from 1:30-7:30 p.m. Thursday in the community center ballroom. For more information, call Staff Sgt. Cheick Bah at 2-3606 or Master Sgt. James Keiler at 2-6844.

Preflight

■ **Days since last DUI ... 32**
 ■ **DUIs since Jan. 1 2**
 ■ **Current AEF..... 5 & 6**
 ■ **Current FPCON Alpha**
 ■ **Combat Nighthawk:**
Capt. Joseph Zell, 65th Communications Squadron;
Master Sgt. Eva Fadeley, 65th Medical Operations Squadron

Exercise prepares base



Simulated victims receive medical treatment from 65th Medical Group members during a plane crash exercise on the flightline May 13. More photos on page 6. (Photo by Staff Sgt Michelle Michaud)

CAD offers community thank you

By Eduardo Lima
Community Relations specialist

This year's Community Appreciation Day is from noon-6 p.m. Saturday.

Community Appreciation Day is an annual event that has been held since the beginning of the U.S. presence at Lajes Field. It's the U.S. Air Force's way to express its gratitude and appreciation for the hospitality and cooperation shown by the Portuguese Air Force and the local community throughout the year.

CAD activities include aircraft static displays, demonstration by the Air Base No. 4 and 65th Security Forces Squadron military working dogs, air assault and SAR mission demonstration by a Portuguese Air Force Casa 212 Aviocar and Puma helicopter, an equestrian show, a display of SATA-Air Azores' PC flight simulators, fire department demo and performances by the Light Orchestra of Biscoitos and USAFE Band's Check Six jazz ensemble.

The day's highlight is the air show by the Portuguese Air Force's acrobatic team, "Asas de Portugal" (Wings of Portugal) comprised of two alpha jet aircraft, which will perform late in the afternoon.

CAD aircraft static displays include two Portuguese Air Force's F-16 aircraft, two alpha jets, a P-3 Orion, a Puma helicopter and a Casa 212-100 Aviocar, while the U.S. Air Force will present a C-130, C-130 J, C-21, KC-135 and a C-17.

CAD Events

noon: Opening remarks
1-2 p.m.: Performance by Biscoitos' Light Orchestra
2-2:30 p.m.: K-9 Demo
2:30-3 p.m.: Fire Department Demo
3-3:35 p.m.: Air assault & SAR mission demo
3:35-4:15 p.m.: Remote controlled aircraft and vehicle demo
3:35-4:15 p.m.: Equestrian show
4:15-5:15 p.m.: Performance by USAFE Band's Check Six jazz ensemble
5:15-5:45 p.m.: Wings of Portugal Demonstration Team

The static displays will also include five civilian aircraft, namely the SATA-Air Azores' Dornier 228, a Beechcraft BE 20 from Somague and three other small aircraft from the Terceira Island Aero Club.

The main gate will open to the public at 11 a.m. and close to incoming non-passholders at 5:45 p.m. DV/handicap parking is available in the lot next to T-810.

Concessionaires, vendors and key CAD participants will be issued vehicle passes by the 65th SFS permitting them closer access to the CAD area.



USAFE

Airman Information File

May 2005

Advanced Education — You'll Have It Forever!

Advanced education is something near and dear to our hearts. The benefits of advanced education are far reaching and deeply impacting. Education is one of the many factors that make America the greatest nation. The United States ranks number one in the world with the highest number of university students. We also spend more money per student on all levels of education than any other country. These two rankings show the emphasis we place on education — we realize its value and back it up with our resources.

There are many individual benefits of an advanced education. It develops skills and knowledge in an area of expertise, but it's much broader than this — it also produces well rounded individuals. Part of the advanced education process is to teach us how to think through problems and where to search for answers. These skills are ultimately more valuable than specific facts we learn in a core area. They can be applied to any area of our life and benefit us no matter what job we move to in the future.

In addition to specific facts and teaching us the process of learning, advanced education exposes us to new and different ideas. We come from different backgrounds and have different approaches to life based on our experiences. As we pursue education, we learn about other cultures, gain new experiences and are able to view things from different perspectives we never would have considered. Oliver Wendell Holmes said, "Man's mind, once stretched by a new idea, never regains its original dimensions." Advanced education expands our horizons — it widens our intellect.

We place a high importance on advanced education and want to make it as user friendly as possible for everyone in USAFE. We developed the Combat Education program to help every member of the USAFE team take advantage of the benefits of an advanced education. Its goal is to remove the barriers that hinder Airmen from pursuing their educational goals. The military lifestyle and environment we live in isn't always conducive to the pursuit of advanced education. Combat Education eases the burden through innovative and flexible class scheduling. We strive to take the classes to you where you work. The program also increases computer access through Learning Resource Centers throughout USAFE.

Advanced education is a valuable benefit to the individual, to the Air Force and to the nation. Every day is a new opportunity to deepen our knowledge and expand our horizons. The automobile pioneer Henry Ford said, "Anyone who stops learning is old, whether at twenty or eighty." Keep learning and stay young — education is something you'll carry with you forever!

General Doc Foglesong

CMSgt Gary Coleman

"Bring Your Courage"

Focus notes

Combat education

A seminar on "Active Listening" is from noon-1 p.m. June 8 in T-400, room 219. For more information, call Kalina Hill at 2-3171.

Customer College grads

Congratulations to the graduates of

the May 11 Customer College Master's Class.

Capt. William Taylor, 65th Operations Support Squadron; **Robert Childers**, 65th Mission Support Squadron; **Senior Master Sgt. Mark Johnson**, 65th MSS; **Tech. Sgt. Stacy Servillon**, 65th Communications Squadron; **Staff Sgt. Jason Reil**, 65th Civil Engineer Squadron; **Master Sgt. Michael Smith**, 65th CES; **Tech.**

Sgt. Brian Heck, 65th CES; **Cristina Reis**, Defense Commissary Agency; **Mario Avila**, DeCA; **Capt. Tracy Hampton**, 65th Medical Support Squadron.

Relaxed and fit

A certified massage therapist is available at the fitness center. Cost is \$50 for 1 hour. For more information, call 2-6126 or 295-549-669.

Summer reads and renovations

Lajes library offers something for everyone

Crossroads Staff

This summer, youth can join the fun of "Dragons, Dreams and Daring Deeds" to discover and explore medieval life in Europe. The program will highlight books and activities June through July 2005 at libraries throughout Europe for this year's summer reading program.

Each week, participating libraries will offer games, crafts, or story hours to encourage kids to keep up their reading skills and provides a safe place to have fun. Library patrons simply log the books they read in their reading records, earn incentives, and are awarded certificates for participating in the Summer Reading Program. As an added bonus, USAFE library patrons will receive Extreme Summer '05 game pieces for participating in USAFE library programs!

The Lajes library's summer reading program runs June 14-July 29, with registration May 30-June 10. Children 8 years old and above will earn Extreme Summer points for participation, as well as t-shirts and other small prizes.

USAFE Libraries also offers "Book Club in a Box," a program for readers who are interested in starting a book club but don't know how. The Book Club in a Box provides 10-12 copies of a title, discussion questions, a reading guide and tips on running a successful program. Book Club boxes may be reserved, but not for a particular time period. Each box can be checked out for six weeks.

In addition to new programs, the Lajes library boasts a wireless network, building renovations and up-to-date resources as just a few of the new additions to the base library.

"The purpose of these improvements is to

provide an up-to-date variety of resources that are available to the community," Barbara Biljan, Lajes library assistant said. "USAFE wanted libraries to improve data base collections and provide more access."

USAFE supplied Air Force bases with the financial support in 2004 to better serve the community. All renovations and additions have been completed in 2005 allowing more resources for military personnel, civilians and dependants.

Some new additions include new furniture, new shelving and computers. In addition to the furniture renovations, new books, DVDs and up-to-date resource books have been added.

With the initial money USAFE donated in 2004 the base library is now able to offer wireless network, full text data bases and online data bases that can be accessed at home or work all thanks to Project Wizard.



Magic show

(Left) Skip Cain performs a trick on Evan Helbig, son of Master Sgt. Christopher Helbig, in front of an audience during a magic show at the Community Activities Center May 17.

(Above) Rob Hruby, a toy soldier, dances with Faith Tyndall, daughter of Staff Sgt. Ransom Tyndall, during the Magic Show. (Photos by Staff Sgt. Michelle Michaud)

Visit scores with USAFE Airmen

Courtesy of USAFE Services

As part of a visit to U.S. Air Forces in Europe bases this month, Arizona Cardinals Wide Receiver Larry Fitzgerald will be at Lajes Field Monday.

The record-holding rookie wide receiver for the Cardinals is helping USAFE Services promote the EXTREME SUMMER '05 program.

During his visit here he will participate in the 5k run Monday morning, and spend the rest of the day visiting with base Airmen in their workplaces. From 6:30 -8 p.m. he will sign autographs at the Top of the Rock club. Mr. Fitzgerald will depart Tuesday to visit Moron Air Base,

Spain, after an early-morning interview with American Forces Network.

Mr. Fitzgerald got his first taste of the NFL as a teenager, serving as a ball boy with the Minnesota Vikings. At that time, the head coach of Minnesota was Dennis Green who is now Mr. Fitzgerald's coach with the Cardinals.

As a freshman at the University of Pittsburgh, Mr. Fitzgerald was named First Team Freshman All-American and unanimous First Team all-Big East Conference selection, becoming the first true freshman to earn that honor. He finished his freshman year as the most prolific freshman receiver in the history of the University of Pittsburgh

with 69 receptions, 1,005 yards, and 12 TD's.

In his record-winning sophomore season, Mr. Fitzgerald led the NCAA in receiving yards-per-game, touchdown catches, total touchdowns, and total receiving yards. In his last season with the Panthers, Mr. Fitzgerald was named the winner of the Walter Camp Award which goes to the nation's player of the year. In addition to the Walter Camp Award, Mr. Fitzgerald also won the Fred Biletnikoff Award which goes to the nation's top wide receiver.

In the April 2004 NFL Draft, the Arizona Cardinals selected Mr. Fitzgerald with the 3rd overall pick. Mr. Fitzgerald led the Arizona Cardinals in receptions (58), receiving yards (780), and

touchdown receptions (8) during his rookie season in 2004.

Mr. Fitzgerald is extremely excited about the opportunity of participating in Extreme Summer '05. He will share his experiences with Airmen at their work centers, and with the children at youth and community centers throughout USAFE.

"I am looking forward to my trip overseas to visit the troops," he said. "I am honored to be a part of the tour and look forward to meeting the men and women of our Armed Forces and I respect them for fighting for our country on a day-to-day basis."

During his trip Mr. Fitzgerald also visited Aviano Air Base, Italy and Royal Air Force Lakenheath, United Kingdom.



Two Lajes Airmen convicted

Rape, disorderly conduct merit discharge, confinement

By Tech. Sgt. Jill Hudkins
Wing Legal Office

Two court martials were recently concluded at Lajes, resulting in a discharge with confinement for one Airman and reduction in grade and confinement for the other.

Senior Airman William Gleason, 729th Air Mobility Squadron, was sentenced by a General Court-Martial that concluded on May 7. He was convicted of rape and sentenced to three years confinement, reduction to Airman Basic and received a dishonorable discharge.

Airman Gleason was charged with rape when investigation revealed he had sex with a Norwegian female without her consent. He had become casually acquainted with the victim during a temporary duty assignment to another North Atlantic Treaty Organization country.

Although the crime was not committed

at Lajes, the fact that Airman Gleason was assigned to this base when the rape occurred allowed this command to exercise jurisdiction.

The maximum punishment is confinement for life, reduction to airman basic, forfeiture of all pay and allowances and a dishonorable discharge.

Senior Airman Troy Goss, 65th Civil Engineer Squadron, was sentenced by a Special Court-Martial that concluded on May 5. He was convicted of disorderly conduct and sentenced to 67 days confinement and reduction to airman 1st class.

Airman Goss was charged with disorderly conduct when investigation revealed that he had unlawfully entered the women's locker room at the Chace Fitness Center.

The elements of disorderly conduct are that the accused was disorderly and that under the circumstances, the conduct of the accused was to the prejudice of good

order and discipline in the armed forces or was of a nature to bring discredit to the armed forces.

The maximum punishment for disorderly conduct is confinement for four months, forfeiture of two-thirds pay per month for four months, and reduction to airman basic.

Military members are entitled to a trial with jury members, or they may elect to be tried by a military judge alone. Additionally, enlisted members may request that their court-martial panels include at least one-third enlisted members.

As enlisted members, both Airmen Gleason and Goss requested that their respective court-martial panels include at least one-third enlisted members. The decisions of guilt or innocence as well as the sentences were decided exclusively by the panels. Although these trials took place back-to-back, two different panels were detailed.



Sushi class

(Top left) Stacy Knight rolls up her first sushi roll, during a sushi class May 4 at the Family Support Center.

(Above) Members of Team Lajes practiced their sushi making skills during the class. (Photos by James O'Rear)



Neatness improves mail delivery time

By Tech. Sgt. Kirk
Baldwin
HQ USAFE/A6XP

The United States Postal Service processes most mail with machines. Mail processing machines read addresses from bottom to top, first looking for the city, state and ZIP code. When mail processing machines can't read a piece of mail due to improper format or illegible writing, the letter is routed to a mail clerk to read the address to determine where to deliver the mail.

To avoid the delay of manual processing, postal patrons should to keep these tips in mind when preparing their mail:

1. Avoid hand-writing addresses.
2. Use printed labels with standard fonts size 10 or 12.
3. Use block capital letters.
4. Use USPS address abbreviations.
5. Use no punctuation except the hyphen in the ZIP code + 4.
6. Put one space between city and state.

7. Put two spaces between state and ZIP code.

8. If used, put the "attention" line above the delivery address.

9. Words like 'East' and 'West' are called "directionals" and must be included in an address.

Placement of address information on letters or postcards is also important.

"Address labels should be placed parallel to the longest side of letters and postcards," said Matt Haacker, USAFE's Postal Plans and Programs

Manager. "These types of mail are 'faced' prior to sorting, and by placing the addresses properly you can ensure the machine reads the information the first time."

Address hygiene helps ensure mail is processed expeditiously by the USPS and military postal clerks.

USAFE is working with USPS to establish mail pre-sorting for military mail destined overseas. This initiative is just one step of a long process to improve mail delivery to military customers.



Staying fit

Senior Master Sgt. Scott Urfer, 65th Logistics Readiness Squadron vehicle maintenance flight chief, and Col. Robert Winston, 65th Air Base Wing commander, work out at the Chace Fitness Center during their lunch break Wednesday. All Team Lajes Airmen are reminded to log their workouts weekly at lajes.fitlinxx.com. (Photo by Capt. Yvonne Levardi)



Art auction

(Left) Kimberly Moore and Paula Perkins inspect items available for purchase during the Art Auction at the Lajes Youth Center May 7.

(Above) Leland Livingston, 65th Civil Engineer Squadron, and Staff Sgt. Terrence Williams, 65th Security Forces Squadron, work the crowd into a bidding frenzy at the Art Auction. The auction raised \$2,261. The money will go to the parent advisory groups to spend on child development center and Lajes Youth Center programs for future parent involvement. (Photos by James Orear)



Exercise tests emergency crash response



(Top) Firefighters and rescue team members rush to assist simulated injured victims during a plane crash exercise on the flightline May 13. (Above left) Staff Sgt. Tamir McKnight, 65th Medical Support Squadron, and Capt. Adam Haun, 65th Medical Operations Squadron, attend to simulated patient Staff Sgt. Michael Thomas, 65th Logistics Readiness Squadron, during the exercise. (Above right) Simulated victims of the exercise were transported to a tent where they received medical attention. (Photos by Staff Sgt. Michelle Michaud)



Forces teamed for defense

WASHINGTON (AFP) — The following is an Armed Forces Day message from Acting Secretary of the Air Force Michael L. Dominguez and Air Force Chief of Staff Gen. John P. Jumper:

"In the first presidential proclamation for Armed Forces Day in 1950, President Truman said the day 'marks the first combined demonstration by America's defense team of its progress ... towards the goal of readiness for any eventuality.'

"The theme of that first Armed Forces Day was 'Teamed for Defense,' expressing the new unification of all the military forces under a single department of the government — the Department of Defense.

"Through more than five decades our military members —

Airmen, Soldiers, Sailors and Marines — have teamed with our civilian partners to build the greatest military in the world. This joint team is 'Teamed for Defense' like never before and America's Airmen are seamlessly integral to our joint force.

"More than 25,000 Airmen — active duty, Guard and Reserve — are deployed supporting operations in Iraq, Afghanistan and around the world. On the ground, in the air and from space, Airmen bring overwhelming air and space power to bear for the joint team, for our nation, and for our allies in the war on terrorism.

"On the ground, our battlefield Airmen serve alongside infantry and special operations units, directly

integrating air and space power. Airmen from 16 different combat support skills are driving trucks, providing convoy security, guarding prisoners and interrogating detainees. Airmen have refocused C-130 Hercules and C-17 Globemaster III airlift missions to reduce the number of convoys on Iraqi roads by nearly 350 trucks a day.

"In space, we're maintaining the continuous flow of communications, surveillance, precision navigation and targeting for the joint team. At home, we continue flying more than 6,200 sorties annually, ensuring the security of our sky.

"Airmen are also providing security and stability operations on the Korean peninsula and counterterrorism support in the

Horn of Africa. Following the tragic south Asian tsunami, Airmen flew more than 15 million pounds of food, supplies and equipment into the area.

"On this Armed Forces Day, America pays homage to our military men and women who have served and are serving our country so nobly on many fronts. Our Airmen and their families are extraordinarily committed to a cause much greater than themselves.

"If you wear the uniform of the United States military, be proud. You have earned the respect of a grateful nation. Thank you for your sacrifice, devotion and courage.

"We are honored to serve with you. May God bless each of you, your families and our great nation."

"You just don't know"

By Senior Master Sgt. Scott Urfer
65th Logistics Readiness
Squadron

I was having a conversation with a much-respected colleague and chiding the individual for drinking a couple of beers and still thinking he was safe to drive. As this individual explained how much time had passed and that they felt driving was OK, I wondered, "How does this person know? Why would they just 'guess' with something this important?"

If this person was over the limit and got stopped, they could've very well been putting their career on the line! Why would someone risk that?

It wasn't the first time this sort of situation happened. I was working a fund raising booth with someone else last July and when that person was getting ready to head for the vehicle and drive home, I couldn't believe it. That person had been drinking all day. It really surprised me to hear the same line "I was limiting myself to one beer an hour, so I

should be fine." Of course, this was eight hours and eight beers later. I insisted on driving that person home.

Busting myths was the fuel behind my performing the alcohol study April 29. The truth is, without the proper equipment on board, no one can "just estimate" where they'd fall in a blood alcohol test. Too many factors come into play such as age, sex, metabolic rate, body makeup, weight, exercise, last meal and whether or not you're hydrated. These factors are all part of a greater equation that collectively calculate how quickly alcohol is processed in your body.

When people find they're over the limit by official means, it's usually too late - they've been pulled over. This never leads to a happy ending from that point forward in a person's career.

So, for our study, we divided 11 people from all across base into 4 groups to prove just that. They allowed themselves to have their blood alcohol tested and have their breath analyzed. They were also asked to give anonymous answers to a questionnaire.

The results proved interesting. Even with four control groups, drinking the same amount of alcohol, each person tested differently from one another on each of the three blood draws the lab took. Two people were asked to only drink one beer and even 3 hours later alcohol could be traced in their system.

Another surprising result was some people's blood alcohol level continued to increase long after the last drink hit their lips. Several people peaked over the legal limit of .05 for differing periods of time.

Ask yourself this question the next time you have a drink. Do I know how this amount of alcohol will formulate into a blood/alcohol reading? Why risk it? Have a plan before you take the first drink!

Ultimately, there isn't a good way to predict how an individual will test; there are too many variables to consider each and every time a person is drinking, unless you have the proper equipment to test.

Keep this in mind - You just don't know - and keep yourself off a road that can lead to an untimely career end, an accident or someone's death.

Lajes Field Editorial Staff

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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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101 critical days of summer

By Gen. John Jumper
Chief of Staff of the Air Force

The 101 critical days of summer runs from Memorial Day through Labor Day — May 28-Sept. 5.

During this period in 2004, we lost 32 airmen to senseless mishaps.

Things are looking much better; in fact, we have the lowest mishap rate in 10 years.

We need to continue what we are doing and look for even more creative ways to help our young folks make it through their bullet-proof years.

Summer is approaching and many airmen are planning vacations that will expose them to long distance driving risks. Others will take advantage of good weather to go to the

beaches and lakes, and motorcyclists are eager to hit the open roads.

The point is that risks go up exponentially this time of year.

Regardless of your plans, remember this—almost 90 percent of the air force's fatal accidents occur off-duty and the overwhelming majority involve private motor vehicles.

Commanders — you bear the responsibility for the welfare of our greatest asset — our airmen.

You prove every day that you know what risk management is all about—on-duty.

What we need is for you to demand the same standard for your airmen once they go out the gate. We are airmen 24 hours a day seven days a week, and we must apply the same rules of risk management and personal

responsibility around the clock.

Supervisors — like commanders you are responsible for the well being of the airmen you supervise.

You are in the best position to listen and influence their safe behavior on- and off-duty.

Airmen — be good wingmen. Take care of one another — step in when your wingman needs help.

Don't be afraid to take the keys when your wingman has had too much to drink or is about to do something irresponsible. Be a friend!

Enjoy the summer, but enjoy it safely.

We need each and every one of you — make it your personal goal.

Weigh the risk before engaging in any activity.

Be a good wingman.

How to avoid becoming an identity theft victim

By Maj. Andrew Krog
Air Force Special
Operations Command
judge advocate office

According to the United States Postal Service, identity theft is America's fastest-growing crime. The Federal Trade Commission estimates up to 10 million Americans become victims of identity theft every year. If you become a victim, you will have to pay about \$500-\$1000 and spend 30-60 hours of your time trying to fix the financial damage, and it will still take years to fully repair your good credit!

Although newer forms of identity theft such as "phishing" (where thieves send phony email messages trying to trick people into giving up personal information) and "skimming" (using fake credit card readers to steal electronic data) have gotten a lot of attention lately, a recent study found that the most common identity theft cases still occur the old-fashioned way: thieves stealing someone's wallet or checkbook and running up debt on their accounts.

A distant second are cases where friends, relatives or acquaintances have access to personal information and loot the owner's account, followed closely by theft of personal information from businesses by employees, stolen mail or a fraudulent post office change of address, computer "spyware" and other viruses, and personal information harvested from people's garbage.

The last example can sometimes yield a stunning amount of information. During a recent inspection at Moody Air Force Base, Ga., inspector

general representatives on a "dumpster dive" found so much personal information on one individual, including her Social Security Number, full signature, and bank account number, that they could have easily stolen her identity!

With all the threats out there to your personal information, the most important thing you can do to avoid becoming an identity theft victim can be summed up in two words: PAY ATTENTION! Identity theft victims who monitor their financial accounts online average only about \$500 in losses, compared to almost \$4,500 in losses for those who relied on paper statements.

Check your credit report at least once a year to look for changes or errors; a recent Federal law entitles every American to one free credit report annually from each of the "big three" credit reporting agencies (Experian, TransUnion, and Equifax), and by June 1, people living almost everywhere but the Northeastern U.S. (which won't be phased in until Sept. 1) will be able to get three free reports a year!

Next, protect your personal information. Limit the number of credit cards you carry in your wallet or purse, and avoid carrying Personal Identification Numbers in your wallet. If you must write a PIN down to remember it, try to disguise it as a phone number or anything other than a PIN. Don't just throw away sensitive information such as bank statements, leave and earnings statements, or those annoying "convenience checks" that keep flooding your mail; these documents should be shredded to keep important account numbers safe.

Finally, be suspicious of Internet traps. By and large, most telephone and online financial transactions are safe and secure, but keep alert for scams. Your bank should never have to call you and ask for your account number, and Bank of America will never send you an email asking you to update your PIN. If you get information saying there is a problem with your account, call the bank or company directly.

If you become a victim, the first thing you should do is contact the Federal Trade Commission. The FTC has a lot of good information in one location to help quickly stop your losses and begin repairing your credit. You can reach the FTC by calling their ID Theft Hotline at 1-877-IDTHEFT or via the Internet at www.consumer.gov.

The next thing to do right away is call one of the three credit reporting agencies and request a "fraud alert" be placed on your credit report. A fraud alert on your account is a 90-day tag, which you can renew as needed for up to seven years, that will prevent changes or new accounts without personal verification that the requester is you. It also gets you a free credit report. The law requires that if one of the "big three" is notified of a fraud alert it must inform the other two, so you only have to call one.

Once you have done that, make sure you have a pad and pen handy, because you will want to make a record of all the calls you will soon be making. You need to call all your creditors immediately to close your accounts and dispute any charges you didn't make. Take notes of who you called and when, and make sure you get names and work centers too, in

case you have to argue with the creditor later. If you actually talk to someone in person, make sure you log that visit as well.

You should also file a police report. Even though many times there is little the police can do to recover your losses, a police report will come in handy when you are trying to convince a credit company that you were an identity theft victim and not just another deadbeat debtor.

There is one last item of special protection that military members can use to avoid becoming an identity theft victim. Congress recently created an "active duty alert" that can be placed on your credit report to give you additional protection while you are away from home. An active duty alert will require creditors to call you (or your designated representative, if you granted a power of attorney) or otherwise positively confirm your identity before extending any credit on your account. It will also restrict creditors from sending you "pre-screened" or "pre-authorized" credit offers. Active duty alerts are created exactly the same way as fraud alerts, will last for 12 months, and can be renewed as often as required. All you need to get an active duty alert is to be on active duty and have TDY orders or be scheduled to deploy.

In an increasingly digital world, the threat of identity theft will likely grow ever larger as thieves and swindlers cook up new ways to part inattentive people from their money. By protecting your personal information and keeping a vigilant eye out for any suspicious activity, you can significantly reduce your odds of becoming a victim.

Keep housing fire-free

By Gus Simoes
65th Civil Engineer Squadron,
deputy fire chief

Every house in military family housing should be equipped with a portable fire extinguisher.

But, determining where to keep the extinguisher, takes some planning. Start by identifying areas where fire could start - the kitchen, for example - and consider how quickly and safely the extinguisher can be reached from that location.

Also, ensure the extinguisher is in plain view. They shouldn't be kept inside of cabinets or in areas where children can reach them, but one ideal location is near an exit. This can be helpful in deciding whether to fight the fire or leave safely.

Family members who are trained to use the fire extinguisher should share that knowledge with other family members who are responsible enough to use an extinguisher.

For newcomers to family housing, keep in mind the occupant is responsible for the extinguisher while living there.

When accepting the house, make sure the extinguisher is charged - the gauge will be in the green zone. If discharged or without pressure - gauge is in the red zone - occupants are responsible for bringing it to the fire department to be recharged. The fire department will provide a loaner for each extinguisher that is under maintenance which the occupant will return when the original extinguisher is ready to be picked up.

At the final acceptance inspection, housing will verify if the extinguisher is available and in good operational condition.

Make sure and take proper care of the portable fire extinguisher ... it may one day save a life.

Portable Fire Extinguishers apply agents that extinguish fires by one of three ways, cooling the product that is burning, restricting or removing the oxygen, or interfering with the chemical

chain reaction that creates fire.

There are three classes of fire that you have the potential of coming in contact with:

"Class A": Fires that are considered ordinary combustibles such as wood, paper and rubbish. These fires can be extinguished with an ABC Dry Chemical or Water-type fire extinguisher. However, water is the preferred method of extinguishment.

"Class B": Fires that involve Flammable or Combustible Liquids, such as cooking oils, gasoline, and fuel oil. These fires can only be extinguished with an ABC Dry Chemical Extinguisher. "Do not attempt to use water to extinguish these types of fires."

"Class C": Fires that involve live electrical equipment or wiring. If possible, try to unplug such equipment, but DO NOT put yourself at risk by doing so. Class "C" fires can only be extinguished with ABC Dry Chemical Extinguishers. "Do not attempt to use water extinguishers on class "C" fires.

There are many extinguishers available.

The type that is available for military family housing is an ABC, multi-purpose, dry-chemical extinguisher. This means that it is suitable for all 3 types of fire.

However, keep in mind that an extinguisher of such size only lasts around 12-15 seconds to discharge. As a rule of thumb, if a fire is bigger than you, just get out, close the door behind you and call the fire department from a safe location (usually neighbor's house,) if it is safe to do so.

When deciding to use a fire extinguisher remember these points: Fire is small and confined, building is being evacuated and the Fire Department has been notified.

For more information on the use or location of fire extinguishers, call the base fire department at 2-3372. Remember: all fires must be reported regardless of whether they were extinguished or not. Call 295-571-911 to report a fire from base housing.



Everyday Hero João Santos

65th Operation Support Squadron

Job description: Weather Forecaster

Time working for the Air Force: 16 years

Time at Lajes: 19 years

Spouse/children: wife, Xana; daughter, Ines

What's the best aspect of your job: challenging, makes you think all the time.

What are your career goals: learn, in order to understand the atmosphere better.

Best Air Force experience: the capacity to work in professional environment

Life goal: reach for the everyday best quality of life

Hometown: Setubal, Portugal

One word to describe you: have you seen Johnny Bravo?

Hobbies: Music

Favorite food: Fish

Favorite color: Rainbow (colors are beautiful when "combined" with others!)

Pet peeve: No country music

No one knows I'm: this month's everyday hero! Till now

When I was growing up, I wanted to be: Bob

If I could have only one kind of food, it would be: depends, have you tried "choco frito?" (famous food from my hometown)

The first thing I would do if I won a \$1,000,000 is: ask for early retirement and travel

Lajes sergeant is 100 percent fit to fight

**By Staff Sgt Laura Holzer
Det. 6, American Forces Network**

People may spend hours studying to get a 100 percent on a test, but a Lajes sergeant spent hours in the gym and at fitness sessions to get a 100 on an Air Force test – the fitness test.

Senior Master Sgt Robin McMullen, 65th Operations Support Squadron, has been working out since she was 17. She said she's always felt fitness should be a part of the Air Force lifestyle and not just a test to pass every year.

"Senior Master Sgt. McMullen helps keep fitness a focal point for the squadron by setting the example while guiding and mentoring supervisors," said Lt. Col. Jack Sproul, 65th OSS commander. "She always provides moral support to unit personnel who aren't where they want to be."

When the Air Force changed the standards in January last year, she said she was excited and apprehensive.

"I knew I would need to work on my run," she said. "I've also tried to incorporate some cardio in my workout, but it wasn't always running."

As one of the leaders in her squadron Sergeant McMullen said she had to pass the fitness test. Not only did she pass, she scored 100 points – a perfect score.

"I get a lot of flack [from my Airmen] because they say I get a lot of points because I'm old, but I don't let it get to me... To be the oldest in the squadron is to be the wisest."

And the fittest, because she took her second fitness test in February and scored another 100 points.

"Sergeant McMullen's second consecutive 100 percent fitness assessment is a truly remarkable achievement and a great example for all our troops," Colonel Sproul said. "It's a testament to her long-term commitment to the Air Force's 'Fit-to-Fight' culture."

Along with her own personal workouts, Sergeant McMullen also attends mandatory squadron fitness sessions three times a week not only to maintain fitness but to encourage her Airmen.

"I've always believed in leadership by example," she said. "I know that when I was a young troop, I'd looked at my leaders and if they were asking me to do something, I'd like to know it's something they were willing to do and could do themselves."

At 43-years-old, Sergeant McMullen proved age is nothing but a number. It's also what she said about her score.

"It's not about a score," she said. "In fact, it wouldn't surprise me if the scores just went away, because that's not what the Air Force wants. It's about making fitness a part of your life and the Air Force is asking me to help my troops who are not passing and helping them with their score."

Colonel Sproul agrees.

"She's a positive influence and continually encourages everyone to improve their personal fitness," he said.

"She's one of the more 'seasoned' members of the squadron, yet proudly can outscore many of the younger troops."

And with two more years left until she retires, there's still time to catch up to her.

"No way," she said. "No way."



Senior Master Sgt Robin McMullen, 65th Operations Support Squadron, has been working out since she was 17. She said she's always felt fitness should be a part of the Air Force lifestyle and not just a test to pass every year. (Right) Master Sgt. Douglas Koonst, 65th OSS first sergeant, and Sergeant McMullen review an EPR. Sergeant McMullen is the Air Traffic Control tower chief controller. (Photos by Guido Melo)

Chapel services

